

2003

2003 NPC WOMEN'S FITNESS/FIGURE CHAMPIONSHIP



NPC-TEXAS Entry Requirements and rules are printed on the back of this form. It is your responsibility to know them and to follow them.

ALL entry forms MUST have a copy of your current NPC-USA registration card attached.

Contest Lackland ClassicNPC-USA Sanction Number 8952

Classes of Competition _____

Date of Contest Nov. 1, 2003City Lackland AFB, San Antonio TXContest Director Steve ReichertAddress 1951 Biggs Ave.City Lackland AFB, TXTelephone (210) 671-2632Contest Site Bob Hope TheaterAddress Corner of Barnes and Nellis St on Lackland (Bldg. 5408)Contest Hotel Doubletree San Antonio AirportAddress 37 NE Loop 410 (at McCullough) San Antonio, TX 78216FRIDAY NIGHT: Check-In at Contest Hotel: 8:30 p.m. to 9:30 p.m. **NO LATE WEIGH-INS ALLOWED.**SATURDAY TIME SCHEDULE: 9:00 a.m. Check-In at Contest Site9:30 a.m. Contest BeginsEvening Show 7:00 p.m.

ALL ENTRIES MUST BE POSTMARKED BY _____!
ALL LATE ENTRIES WILL BE CHARGED A \$50.00 LATE FEE!

IF A FALSE STATEMENT IS MADE ON THIS FORM YOU WILL BE SUSPENDED FOR ONE YEAR!

NO ENTRY WILL BE ACCEPTED WITHOUT A COPY OF YOUR CURRENT NPC-USA CARD

In case of a lost card, call NPC-USA (412)276-5027

CONTESTANTS WHO WISH TO RECEIVE COPIES OF THEIR SCORE SHEETS MUST PROVIDE A STAMPED/SELF-ADDRESSED ENVELOPE WITH THEIR ENTRY FORMS!

I understand that no entry will be accepted without a signature or entry fee. I understand that this competition is NPC sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the National Physique Committee of the USA, Inc., NPC Texas state chairman Michael Johnston, the promoter, owners of the venue, all sponsors and vendors, employees or assigns by reason of injury or damage, which I incur, and include any injuries or damages suffered and sustained by members of my entourage or individuals associated with or accompanying me while traveling to and from or participating in this competition. I further agree to have my participation in the competition videotaped and photographed and I hereby waive and release all rights to said videotapes and photographs to the promoter for their exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding. I agree to abide by all decisions of the designated officials and declare that all the information contained herein is, to the best of my knowledge, true, correct and complete. I have read and understood the contents of this entry blank.

Signature _____ Date _____

 (Signature of Parent/Guardian required for contestants under the age of 18)

**RETURN THIS FORM/YOUR CHECK FOR \$ _____
 AND A COPY OF YOUR NPC CARD TO:**

**PLEASE NOTE: SEND YOUR MONEY ORDER OR CASHIER'S CHECK ONLY -
 NO PERSONAL CHECKS**

Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____ Age: _____ Weight: _____ Height: _____

Email: _____

2003 NPC - WOMEN'S FITNESS/FIGURE CHAMPIONSHIP INFORMATION

ALL contestants/officials/contest promoters MUST be current members of NPC-USA.
 ALL entry forms MUST have a copy of the entrants current NPC card attached.
 The NPC-TEXAS district Co-Chairman is the Head Judge at all contests.
 Judges will consist of NPC bodybuilding qualified judges.

NO coaches/friends/etc. will be allowed backstage at any time at any contest.
 ONLY contest officials with identifying badges will be allowed backstage.
 THIS WILL BE ENFORCED AT ALL CONTESTS.

Participants in unsanctioned contests offering money-value prizes are disqualified from NPC competition.

All contests will have an entry deadline at least 12 days prior to the contest. ALL late entries will be charged a \$50.00 late fee.

Anyone who makes a false statement on an entry form in order to compete will be suspended from competition for one year.

Displays of poor sportsmanship at any time during a contest WILL NOT BE TOLERATED! Such action will result in disciplinary action.

All contestants must check in at the Friday Night Check-In at the Contest Hotel from 8:30 p.m. to 9:30 p.m. NO LATE CHECK-INS! Swimsuits must be worn to the Check-In and must be approved by the Head Judge. Posing tapes must be turned in at the Friday Night Check-In. Posing music must be recorded on a fresh tape cassette with no other music on it and limited to two minutes, the time allowed for posing. Contestants who pose longer than the set time limits will be eliminated from competition.

Contestants must wear high heels in the Swimwear Round and tennis athletic shoes in the Fitness Round. Jewelry may be worn in the Swimwear Round. Thong Swimsuits are not allowed due to TV coverage. Because of the danger of slippage, no body oil is allowed.

CONTEST FORMAT:

ELIMINATION ROUND: If there are more than 15 contestants, an elimination round will be used. All contestants will be brought out in a line-up in the swimsuits. Quarter turns will be directed by the Head Judge. At this time the Judges are assessing the overall physique for the degree of athleticism, proportion and skin tone. An X will be placed by the numbers of the athletes that the Judge feels represents the top 15 athletes present. The Head Judge will then tally scores and the 15 athletes with the majority of X's will continue. Height classes up to 5'3" and over 5'3" optional for local state, and regional.

ROUND ONE-SWIMSUIT ROUND: The contestants will be brought out in one or two lines for the quarter turns in a two piece swimsuit and heels. The Judges will be scoring the degree of athleticism by assessing the degree of firmness, symmetry, proportion and overall physical appearance including complexion, poise and overall presentation.

ROUND TWO-FITNESS ROUND (FITNESS WOMEN ONLY): Each athlete will perform a maximum two-minute routine. Judges will be looking for style, personality, athletic coordination and overall performance. Contestants should give special attention to their apparel since it too will be judged. Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent. Six mandatory moves will be included in the women's fitness routines. The moves are: one-arm push up, side straddle, straddle hold, high kick, side split and front split. Props are allowed but must be approved by the Promoter in advance.

ROUND THREE-FINAL ASSESSMENT ROUND: The athletes will be brought back out in their original line in their one piece swimsuits with heels. At the time the judges can make any final comparisons they wish.

SCORING: After each round has taken place the Judge will place each athlete from 1st through 15th place depending on the number of athletes competing. Each round is judged separately 2/3 Physique swimsuit rounds 1/3 fitness routine.

CONTESTANTS WHO WISH TO RECEIVE COPIES OF THEIR SCORE SHEETS MUST PROVIDE A SELF-ADDRESSED/STAMPED ENVELOPE WITH THEIR ENTRY FORMS.

NPC-Texas
 Contest Supervisor

Michael A. Johnston
 (281) 537-2947
 trueresults@sbcglobal.net

185 Old Bridge Lake
 Houston, TX 77069

2003 REGISTRATION

REGISTER NOW

2003 NATIONAL PHYSIQUE COMMITTEE APPLICATION REGISTRATION MEN'S AND WOMEN'S REGISTRATION CARD YOUR MEMBERSHIP EXPIRES ON DECEMBER 31, 2003 COMPLETE THE ENTIRE CARD - PRINT CLEARLY

LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS				SOCIAL SECURITY #	
CITY		STATE		ZIP CODE	
E-MAIL ADDRESS:					
AREA CODE		TELEPHONE #		DATE OF BIRTH	
REGISTRATION FEE \$60.00		DONATION AMOUNT \$		DATE OF APPLICATION	
YES		NO		YES	
YES		NO		YES	
AREA CODE		TELEPHONE #		DATE OF BIRTH	
REGISTRATION FEE \$60.00		DONATION AMOUNT \$		DATE OF APPLICATION	
YES		NO		YES	
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